



# SHEWAY

## A Community Project for Women and Children

**DROP-IN HOURS FOR WOMEN:** Monday to Friday, 11:30 a.m. to 3:30 p.m.

Lunch served at 12 noon

Staff is available by phone Monday to Friday, 8:30 a.m. to 4:30 p.m.

Sheway is a Pregnancy Outreach Program (P.O.P.) located in the Downtown Eastside of Vancouver. The program provides health and social service supports to pregnant women and women with infants under eighteen months who are dealing with drug and alcohol issues. The focus of the program is to help the women have healthy pregnancies and positive early parenting experiences.

### Staff at Sheway includes:

- Alcohol and Drug Counselor
- Community Health Nurses
- Social Workers
- Nutritionist
- Infant Development Consultants
- Outreach Worker
- Family Physicians
- First Nations Support Worker and Cook
- Receptionist
- Medical Office Assistant
- Coordinator
- Aboriginal Community Support Worker
- Family Support Worker
- Aboriginal Community Health Nurse
- Administrative Assistant

### Sheway also works directly with:

- A Pediatrician from Children's and Women's Hospital specializing in developmental assessments and substance exposed infants and children
- An Occupational Therapist, Physiotherapist and Speech/Language Pathologist from the Centre for Ability.
- Music Therapists from Vancouver Native Health Society.
- Fir Square of Children and Women's Hospital supporting pregnant women during their hospital stay

### We provide:

- Daily hot lunches
- Weekly Food Bags
- Nutrition counseling and prenatal vitamins
  - Grocery store food/milk coupons
- Practical support for securing medical care, housing, advocacy and social benefits
  - Prenatal and postnatal care
  - Well baby care, child and adult immunizations
    - Parenting support
- Referral and access to support groups and community resources
  - Alcohol and drug counseling
  - Contraception counseling and provision
    - STD/HIV counseling and testing
- Baby food, formula, toys, diapers and baby clothes, when available.

### **Sheway is a partnership governed by:**

The Vancouver Coastal Health Authority  
Ministry for Children and Family Development  
Vancouver Native Health Society  
YWCA of Vancouver

**Sheway is a Coast Salish word meaning "Growth".**

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